Celery Seed
*Apium graveolens* 15 mL

**PRODUCT DESCRIPTION**
Sourced from the celery plant, the warm aroma of Celery Seed essential oil is an excellent way to create a relaxing and uplifting aromatic experience. Along with its subtly sweet aroma, Celery Seed includes chemical components with cleansing and invigorating qualities. Apply Celery Seed topically, experience it aromatically, or use it to flavor your food to experience all the benefits of this powerful seed!

**USES**

**Cosmetic:**
- Massage into stomach for a soothing abdominal massage
- Apply to back of neck for a calming aroma
- Add a few drops to a warm bath to create a relaxing environment

**Household:**
- Add a few drops to a warm bath to create a relaxing environment

**Food:**
- Add a few drops to your favorite drink or smoothie for a refreshing taste
- Use to flavor savory recipe

**DIRECTIONS FOR USE**

**Diffusion:** Use three to four drops in the diffuser of choice.

**Internal use:** Dilute one drop in 120 mL of liquid or use in a veggie cap.

**Topical use:** Dilute one to two drops with a carrier oil, then apply to desired area.

**CAUTIONS**
Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor’s care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.